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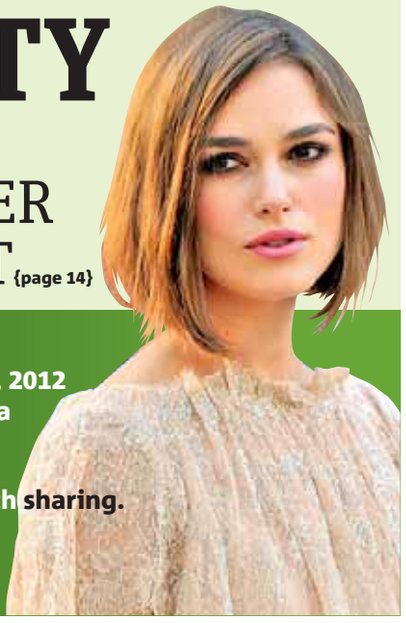
DEADLY RAMPAGE ONE YEAR SINCE SHOOTING SPREE SHOCKED ARIZONA
{page 8}

ANXIETY
HOW KEIRA OVERCAME HER STAGE FRIGHT
{page 14}



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Monday, January 9, 2012
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News worth sharing.

Details emerge in Grenada killing

Officer ordered for man's feet to be tied with belt, according to witness ◗ Alcohol may have been factor: Lawyer

In the end, it may be that one of Oscar Bartholomew's trademark bear hugs sparked the tragic chain of events that led to his beating death in a quiet hamlet in Grenada.

"They killed my baby, my last baby. They killed him." Andrianne Bartholomew, his 71-year-old grieving mother, said Saturday.

The Canadian Press, based on several interviews, has pieced together an account of what some say led to the death of Bartholomew, 39, a native Grenadian who lived in Toronto and was visiting the island over the holidays.

While driving on Boxing Day with his wife, Dolette Cyr Bartholomew, the couple stopped at the St. David's police station where she went in to use the facilities. Thinking he recognized a uniformed policewoman as a friend, Bartholomew got out of his car.

"Whenever he meet his people, he always hugged them and give them a cheer." his mother said.

Outside the station, Bartholomew grabbed the policewoman from behind in an exuberant embrace, witnesses said. He lifted her off her feet, saying: "I got you today."

Some said the officer yelled out she was being raped.

At that point, a colleague in a parked police car came to her assistance. The incident began to escalate. A second officer, observing the situation from the police station balcony, came running. Police allege Bartholomew tried to kick the officer. When they tried to apprehend him, they maintain, he resisted. Three other officers joined the fray and held him down.

"Tempers flared on all sides," said defence lawyer Anslem Clouden, who represents one of the accused officers. **TORSTAR NEWS SERVICE**

Underwear. Underground

▶ Sunday was the fifth annual no-pants day in Toronto. Approximately 100 people hopped on the subway at the Museum stop, took their pants off and ride the train to Eglinton Station and back again. The whole thing is an effort to bring some humour to the city. Up to 50 cities take part in the event.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

An event for subway riders who hate pants

Family

Off the couch!

◗ Trainer gives tips on how to get your kids moving ◗ Very few kids meet Canadian physical-activity guidelines {page 17}

Fires at 3 adult clubs

'Suspicious' blazes at London strip club and massage parlours {page 5}

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SIU probes man's fall from roof

The SIU is investigating after a man fell from the roof of a six-floor apartment building Sunday, suffering life-threatening injuries.

Police said they were called to the building on Fontenay Court near Eglinton Avenue West, where a man was on the roof.

The man was rushed to hospital, where he remains in grave condition.

The SIU investigates incidents involving police that result in death or serious injury. **TORSTAR NEWS SERVICE**

Cops try to curb 'pocket dialling'

Toronto police are cracking down on accidental 911 calls.

The force is launching a new campaign Monday called "Lock it before you pocket" in an effort to curb "pocket dialling" to emergency services.

Police say 911 operators received more than 100,000 pocket dials and more than 115,000 misdials last year. They say the problem typically occurs when people reach into their pocket, purse or backpack and hit a preprogrammed key on their cellphone that dials 911.

The campaign suggests people lock their phone's keypad before stashing the device. Police advise accidental callers to stay on the line and explain the situation so crews aren't dispatched. **THE CANADIAN PRESS**

Worship house. Rock

Elvis Priestley, a.k.a. Archbishop Dorian Baxter, held service Sunday in his Christ the King, Graceland, independent Anglican church of Canada in the Newmarket Legion Hall, and celebrated the ninth anniversary of the Elvis-themed church, which fell on what would have been Elvis' 77th birthday.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Elvis-themed church celebrates anniversary

Charges in chickens' deaths

Food-inspection agency alleges thousands of birds died from exposure to cold en route to slaughterhouse

The Canadian Food Inspection Agency has laid 60 criminal charges against Brampton-based Maple Lodge Farms, Canada's largest independent chicken processor, alleging violations of federal animal health regulations.

CFIA alleges between December 2008 and February 2009, and then December 2009 and April 2010, thousands of chickens died from exposure during transportation from farm to slaughterhouse, often because of proximity to a truck trailer's floor or walls.

Two counts have been heard in a series of six hearings at the Ontario Court of Justice, in Brampton. The hearings continue today.

In one count, dated "on or about" Dec. 30 and Dec. 31, 2008, the Crown alleges that 711 chickens, of nearly 10,000 in shipment, were "found dead on arrival" at Maple Lodge's slaughterhouse. In the other, "on or about" Feb. 23, 2009, 1,181 chickens were discovered dead. The first count concerns a haul of broiler chickens, which are raised solely for meat production; their breasts and thighs appear on grocery store shelves. The second refers to a load of spent hens, a term for poultry no longer capable of laying eggs, whose meat is often used in ground chicken products.

Maple Lodge, which also has a processing plant in New Brunswick, sells frozen chicken, sliced meats, chicken wieners and chicken bacon, as well as a line of halal products. **TORSTAR NEWS SERVICE**

Company comment

- Maple Lodge called the deaths unfortunate, but emphasized the company does everything it can to ensure humane transportation of its poultry.
- "We have very stringent protocols in place regarding the transportation of animals," spokesperson Carol Gardin said. "At the end of the day, it's not only moral and ethical considerations regarding the humane handling of the birds, there's a financial incentive to keep the birds in the best health."

1 news

Britain's government is looking to empower firms' shareholders to veto executive pay packages. Scan the code for the story.

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Hundreds of loved ones gather on the deck of HMCS Charlottetown to bid farewell to sailors bound for the Mediterranean Sea. Watch at metronews.ca/video

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‘We’re going to pay for it down the line’

Service cuts proposed for budget will take toll on health: Professionals

VINCE TALOTTA/TORSTAR NEWS SERVICE

▶ Zack, 8, and Owain, 5, joke around while their mom, Jennifer Story, talks to media Sunday at the unveiling of a large sign on the side of Fairmount Park Community Centre and Bowmore Public School. The event was part of the Kids Count campaign to protect children and family services in the Toronto 2012 city budget.

A group of Toronto health professionals is warning that proposed cuts to a variety of city programs are actually health-care cuts in disguise.

Axing or reducing funding to HIV- and drug-prevention programs, recreation centres, community health centres, shelter services and Wheel-Trans for some dialysis patients is going to create significant health consequences, said Russ Ford, the executive director of LAMP Community Health Centre in South Etobicoke.

Almost there ...

▶ As of this week, the exhaustive 2012 budget process has finally entered the home stretch, with one more stop at the budget and executive committees this week and then off to council for the last time later this month.

“And we’re going to pay for it down the line, both physically and financially,” said Ford, whose centre is at risk of losing some funding from the city.

As of Friday, Ford (no relation to Mayor Rob Ford) had collected 280 signatures, half from local physicians, demanding the city back off from many of the proposed service cuts.

For Dr. Roy Male, who has worked with a community centre in Regent Park for eight years, this is an issue of health equity.

“I counsel my patients to exercise. You and I probably have a membership at a gym. End of story. My patients use community recreation centres, and these (proposed) fee increases mean, in a large number of cases, people are going to stop using them,” he said.

TORSTAR NEWS SERVICE

School arts program faces chopping block

They’re the hot trend in grade schools: Boutique-style programs with a special focus — sports, art, tech, cultural heritage — that aim to hook students bored by the regular classroom and also boost sagging enrolment.

Yet York Region school trustees are considering a ban on this kind of program, which would force the closure of its only elementary arts program — think mini-Glee — in a bid to be fair to all and avoid programs for which students must try out.

Students and parents at Baythorn Public School’s popular arts stream argue that scrapping an arts school because not everyone can go makes no sense, especially at a time when the neighbouring Toronto District School Board is about to open special elementary schools this fall focusing on vocal music and fitness.

“This program is hugely popular, but if it’s so elitist, then why not replicate it at other schools instead of shutting the only one down?” asked Kerry Brownell, whose daughter, Tara Lotz, started in Grade 5 at the school this fall.

“These are the Glee kids, the kids who love to sing and dance, and many of them would be targets of bullies at other schools,” said Brownell, one of more than 2,100 people to sign a petition on a website launched to fight the closure. TORSTAR NEWS SERVICE

300 While no one is openly criticizing the program, where 300 students are housed inside Baythorn Public School, some suggest it draws a more affluent group of students whose families can afford private lessons that boost their chances of getting in, and who have the means to drive them to the Markham school from across York Region.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

▶ Grade 5 student Tara Lotz, left, dances with Matthew Kliaman and dance teacher Teresa Cifelli.

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HMCS. Charlottetown

▶ Sailors aboard HMCS Charlottetown wave to their friends and family as they leave Halifax for the Mediterranean Sea on Sunday morning.

RYAN TAPLIN/METRO

Ship departs for Mediterranean

The Charlottetown will take part in NATO's Operation Active Endeavour, an anti-terrorism mission.

London fires deemed suspicious

Authorities are investigating three Sunday morning fires at adult-entertainment businesses in London, Ont.'s east end.

The fires at Famous Flesh Gordon's strip club, Virginia's Adult Massage & Spa, and Blue Lagoon II massage parlour were reported between 4:40 and 5:15 a.m. The blazes — some of which caused visible damage to adjacent businesses — have been deemed suspicious, London police spokesman Const. Amanda Van Doren.

"At this point we are in the early stages of the investigation," she said Sunday afternoon. "It has not been confirmed whether they are related to one another." Each of the businesses has ties to the Hells Angels motorcycle club, police sources told AM980 news.

ANGELA MULLINS/WITH FILES FROM AM980/AM980.CA

Feds want some Canada Day conflict

Conservative government is promoting Canada's military culture and heritage Looking to include War of 1812 commemoration into festivities

The Harper government has hired a consultant to inject a little war into this year's Canada Day bash on Parliament Hill.

A Toronto theatre expert has been asked to find ways to insert a War of 1812 commemoration into the July 1 festivities that typically include pop music, dance and pyrotechnics.

"I do big-ass special events all the time, so they asked me to do that," artistic producer Paul Shaw said in an interview. "It's sort of tricky to do a War of 1812 theme when you've got so many modern things in and around it."

The Conservative government has earmarked money and resources throughout the year to commemorate the bicentennial of the outbreak of War of 1812 in North America.

The hostilities led to a stalemate almost three years later between the United States and Britain's budding settlements in Canada, and some historians consider the war a pivotal moment in Canadian nationhood, though it is little known outside academia. A spokeswoman for Canadian Heritage, Dominique Collin, said only that "planning for the Canada Day Noon Show is at the preliminary stages."

THE CANADIAN PRESS

▶ British soldiers fire their muskets at the American forces during a 2007 re-staging of the War of 1812 between American and British forces near the actual battle site west of London, Ont.

War theme

- The Canadian Heritage Department normally injects patriotic themes into the Canada Day noontime show on Parliament Hill, giving the National Capital Commission a free hand to organize the evening show with singers and fireworks in a party atmosphere.
- But a recently posted document indicates that the war theme will appear in both shows.
- "The events on Parliament Hill also present a key opportunity of the federal government to foster enthusiasm and excitement around other significant events," says a tender document from the commission.
- "In 2012, the Government of Canada is commemorating the War of 1812 and this theme must be incorporated in both the Noon and Evening Shows."

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POLITICS

Stance on Cuba softens

The Conservative minister for Latin America is softening some of the Harper government's previous tough talk on Cuba.

This week, Diane Ablonczy, the junior foreign minister for the Americas, visits the communist Caribbean island — which, at 135 kilometres from the southern tip of Florida, is both the closest sworn enemy of the United States and the favoured vacation choice of a million sun-seeking Canadians each year.

Ablonczy praises the ongoing economic reforms that Cuban President Raul Castro has instituted since he took over the country from his legendary and ailing brother, Fidel, almost four years ago.

THE CANADIAN PRESS

THE CANADIAN PRESS

▶ Ablonczy

Iran reportedly begins uranium enrichment

THE ASSOCIATED PRESS

▶ Iranian President Mahmoud Ahmadinejad, centre, visits the Natanz Uranium Enrichment Facility some 322 kilometres south of Tehran.

◐ Tehran says the program is to produce fuel for future nuclear reactors and medical radioisotopes

Iran has begun uranium enrichment at a new underground site built to withstand possible airstrikes, a leading hardline newspaper reported Sunday in another show of defiance against Western pressure to rein in Tehran's nuclear program.

The operations at the bunker-like facility south of Tehran, reported by the Kayhan daily newspaper, are small in comparison to Iran's main enrichment site.

But the centrifuges at the underground labs are considered more efficient and are shielded from aerial surveillance and protected against airstrikes by up to 90 metres of mountain rock.

Uranium enrichment is at the core of the international standoff over Iran's nuclear program. The U.S. and its allies fear Iran could use its enrichment facilities to develop high-grade nuclear material for warheads.

The U.S. and Israel have said that all options remain open, including military action, should Iran continue with its enrichment program.

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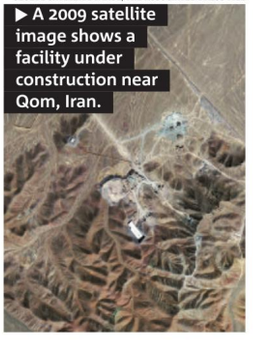
GEOEYE SATELLITE IMAGE/THE ASSOCIATED PRESS FILE



▶ A 2009 satellite image shows a facility under construction near Qom, Iran.

North Korean leader has threatened war

North Korea's new leader vowed in 2009 to wage war if the country's enemies shot down its long-range rocket, footage aired on state television showed Sunday in the first official word of his role in military operations before his father's death.

The documentary is the second in a week seeking to highlight Kim Jong-un's experience in leading North Korea's 1.2-million-strong military and was aimed at showing that he was in charge of the armed forces long before his father.

Footage

▶ Sunday's footage confirmed that Kim Jong-un was being groomed as early as 2009 to succeed Kim Jong-il.

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Arab League pushes end to Syria violence

The Arab League demanded Sunday that the Syrian government immediately stop all violence and allow more monitors in as activists reported at least 10 more civilians, including two teenagers, were killed by regime forces.

Fierce clashes in the south between government troops and military defectors left 11 soldiers dead, activists said. The Arab League also called on other armed parties to halt all bloodshed, an apparent reference to the defectors.

THE ASSOCIATED PRESS

GEOEYE SATELLITE IMAGE/THE ASSOCIATED PRESS

▶ U.S. Republican presidential candidate Mitt Romney

GOP frontrunner slammed in debate

Fellow U.S. Republican candidates hacked away at Mitt Romney's front-runner status Sunday in the second debate in two days as New Hampshire voters were deciding on their choice for the party's nomination to challenge President Barack Obama in November.

Former speaker of the U.S. House of Representatives Newt Gingrich abandoned his vow to run a positive campaign, issuing sharp attacks on Romney and, at one point, accusing the former Massachusetts governor of running a campaign of "pious baloney" for saying he's not a career politician. Gingrich also accused Romney of hiding behind inaccurate attack television ads by his allies.

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MARITIME NEW ZEALAND/THE ASSOCIATED PRESS

▶ In this photo taken on Sunday, stranded cargo ship Rena breaks in two pieces after overnight storms with six-metre waves pounded the vessel off Tauranga Harbour, New Zealand. The Greek-owned Rena ran aground on Astrolabe Reef, 22 kilometres from Tauranga Harbour on North Island on Oct. 5, 2011, spewing heavy fuel oil into the seas in what has been described as New Zealand's worst maritime environmental disaster.

Split cargo ship may spill more oil

First spill soiled North Island beaches, killing up to 20,000 seabirds About 400 tons of oil still on board

A cargo ship grounded off the New Zealand coast since October has split in two, spilling sea containers and debris and sparking fears of a fresh oil spill, officials said Sunday.

The wreck of the Greek-owned Rena was described as New Zealand's worst maritime environmental disaster even before the rear section of the ship, lashed by pounding seas, broke away overnight.

Maritime officials said the front section of the wreck remains in its original position, but the stern section slipped at least 30 metres away from the bow and is "moving significantly." The storm will continue for another three to four days, Maritime New Zealand spokesman Ross Henderson said.

Officials said up to 300 of the roughly 880 containers on board were lost when the ship broke apart. About 30 per cent had been fitted with monitoring devices and some 30 containers had already been located.

"While it is unknown at this stage exactly how much oil may be released, teams have been mobilized and will be ready to respond to anything that may come ashore," said Alex van Wijngaarden, from the national response team.

THE ASSOCIATED PRESS

South Africa celebrates a century of ANC

Tens of thousands of revellers waved the green and gold colours of the African National Congress as Africa's oldest liberation movement celebrated its 100th anniversary Sunday. But many say the party hasn't delivered on promises since taking power in 1994. President Jacob Zuma lit a flame, expected to stay alight all year, at the Wesleyan church where black intellectuals and activists founded the party in 1912. THE ASSOCIATED PRESS

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Remembrance and recovery

Tucson, Ariz., marks one year since shocking attack that killed six, wounded congresswoman

Bells rang out across Tucson on Sunday to mark exactly one year since a bloody morning when a gunman's deadly rampage shook a community and shocked a nation.

It's been a year of reflecting on lives shattered, of struggling with flashbacks and nightmares, of replaying the what-ifs before the deadly rampage. And in the middle of it: One woman, U.S. Rep. Gabrielle Giffords, forging one of the most gruelling journeys of all.

One year after a deranged gunman shot the Arizona congresswoman in the head and opened fire on dozens of others outside a Tucson grocery store, the congresswoman and other survivors gathered Sunday to reflect and move forward. THE ASSOCIATED PRESS

JONATHAN GIBBY/GETTY IMAGES

Rebecca Kraft, 4, places flowers at a memorial Sunday for the six people who lost their lives in a deadly shooting last year in the parking lot of the La Toscana Village Safeway in Tucson, Ariz.

'Miraculous'

Gabrielle Giffords walks with her husband, Mark Kelly, Saturday.

Giffords, 41, has spent the last year undergoing intensive physical and speech therapy. Doctors and family have called her recovery miraculous; she is able to walk and talk and vote in Congress, and she gave a televised interview in May. But doctors have said it would take many months to determine the lasting effects of her brain injury. The three-term congresswoman has four months to decide whether to seek re-election.

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Body found on Queen's estate identified

The remains of a woman found on one of Queen Elizabeth's vast estates belong to a 17-year-old missing girl, British detectives investigating the murder said Sunday.

Forensic tests identified the decomposed body as that of Latvian Alisa Dmitrijeva, who was reported missing from her home in eastern England in August, Norfolk police said.

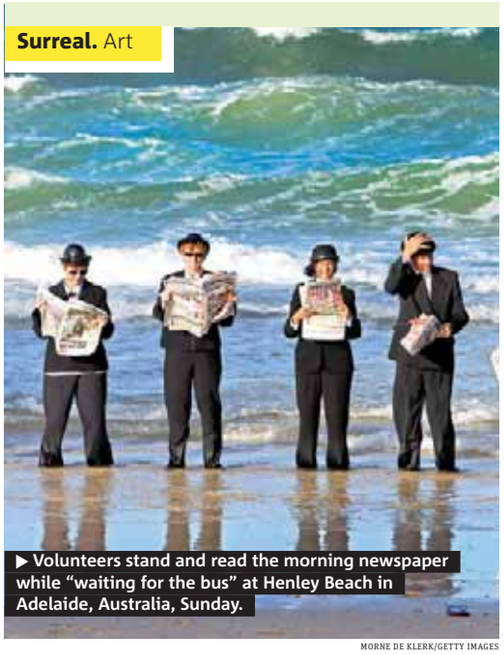
The body was found by a dog walker on New Year's Day in woodland five kilometres from the royal residence at Sandringham House.

The royal family is not implicated in the crime in any way. THE ASSOCIATED PRESS

8,000

Part of the nearly 8,000-hectare estate is open to the public, and the body was found at Anmer, a hamlet of several dozen people.

Surreal. Art



▶ Volunteers stand and read the morning newspaper while "waiting for the bus" at Henley Beach in Adelaide, Australia, Sunday.

MORNE DE KLERK/GETTY IMAGES

Interesting commute

Surrealist artist Andrew Baines recruited 100 volunteers for his human installation, meant to illustrate corporate workers enjoying nature rather than waiting in a long queue for a trip to work.

A 'low-key' party for duchess

The former Kate Middleton turns 30 on Monday — but royal fans expecting a lavish birthday bash to mark the milestone will be disappointed.

Palace officials say the Duchess of Cambridge's birthday celebration will be a "low-key and private" affair, appearing to quash press reports that she will see off her 20s with a fun '80s-themed party, complete with karaoke, in a throwback to her more carefree bachelorette days.

The choice of a muted event seems appropriate: After all, the duchess is not just starting the fourth decade of her life — she is also embarking on her career as the wife of a future king, charged with renovating a monarchy that has become somewhat creaky with age. THE ASSOCIATED PRESS

IAN GAVAN/POOL/THE ASSOCIATED PRESS

▶ The Duchess of Cambridge attends the theatre on Sunday.

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BP ads paint rosy picture of Gulf oil-spill recovery

But fishermen, tourism officials say shrimp catches are down and visitors are not flocking back

Nearly 20 months after its massive Gulf of Mexico oil spill — and just as Americans focus on New Orleans, host of the college football championship game — BP PLC is pushing a slick ad campaign to persuade Americans that the Gulf region has recovered.

"I'm glad to report that all beaches and waters are open for everyone to enjoy, and the economy is showing progress!" BP representative Iris Cross says in one TV spot with upbeat music.

The blitz is part of BP's multibillion-dollar response to the Deepwater Horizon explosion of 2010 that killed 11 workers and leaked more than 760 million litres of oil into the Gulf.

But the spots ring hollow to many in the region.

"There are areas that are still closed," said A.C. Cooper, a shrimp fisherman in Plaquemines Parish in Louisiana. He listed some bays that are off-limits due to oil contamination. "It's bogus, it's not the truth."

He added that last fall's shrimp harvest was dismal. "The numbers on our shrimp are way down," he said. THE ASSOCIATED PRESS

Spin cycle

- **The campaign has ramped** up for the two-week period around the Sugar Bowl and Bowl Championship Series title game to be played on Monday.
- **BP is paying chefs Emeril** Lagasse and John Besh to promote Gulf seafood.
- **It's also hired two seafood** trucks to hand out fish tacos and seafood-filled jambalaya to the fans pouring into the city for the games.

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
- 48.76 (12,188.64)	- 0.76¢ (97.37¢ US)
Oil	**Natural gas**
- 25¢ US ($101.56 US)	$3.06 US (+ 8¢ US)
	Gold
	$1,616.80 US (- $1.30 US)

ADVERTISING FEATURE

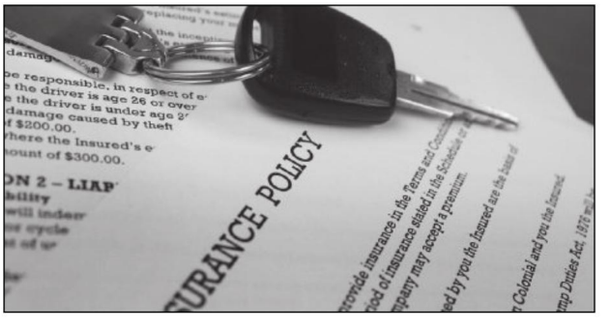
Auto insurance rates predicted to rise in 2012

But consumers can still find savings

If you thought you were already paying a high rate for your car insurance this year, think again. Rates are predicted to continue rising in 2012 and beyond. If you're like most consumers you might feel helpless and renew your insurance with your current insurance provider, accepting the increase as inevitable. There is, however, a way to save on your insurance that's much easier than you might think. The fact is that the rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds or even thousands of dollars. The key is finding the one insurance company that can offer you a lower rate for your driving profile, than you're currently paying.

You might think that if insurance companies all ask the same questions, and sell the same basic policy — how do the rates charged vary so much? Part of the reason is that each insurance company uses its own claims experience in the marketplace (how much money it has paid out in claims in a given timeframe) as one key factor in determining the rates charged. The other major factor is your individual driving profile which includes where you live, your age, the type of car you drive, your claims history, tickets, the annual mileage for your car, and so on. The combination of these factors helps insurance companies determine what rate or premium they will charge to insure a given car and driver.

The key to saving on your insurance is to figure out which insurance company can offer you the best rate based on all factors combined. Chances are you are not insured with the company that offers the best rate for your driving profile. But finding the best rate on your own can be time consuming, right? Wrong. Insurance quoting sites like InsuranceHotline.com can help by providing an independent, unbiased rate comparison from its network of over 30 insurance companies to find you a lower rate available for your profile.



Make it one of your New Year's resolutions to save on your auto insurance. It will probably be one of the easiest resolutions to meet, and with the help of online comparison sites, one of the fastest to cross off your list.

Is the New Year a reason to switch insurance companies? Maybe, because you can save hundreds (even thousands) by shopping around for auto insurance. All without affecting your coverage. We've harnessed the search power of the internet to offer you choice. It's fast, FREE and easy to use, with absolutely no obligation. No confetti, just savings.

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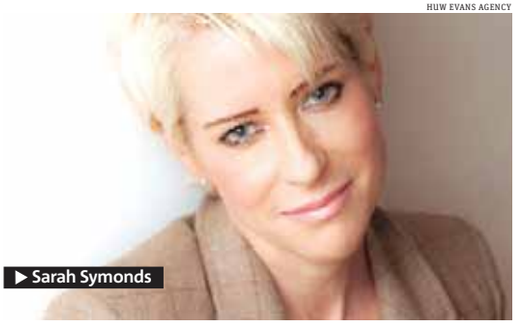

▶ Sarah Symonds

SISTERHOOD OF MISTRESSHOOD

URBAN COMPASS

ELIANNA LEV
METRO TORONTO

After spending 15 years in scandalous affairs with high-profile men, Sarah Symonds has earned her title as one of the world's only "infidelity analysts." Her dalliances with rich, famous and very married men made her a prime target in the British tabloids, which are constantly on the hunt for a target to vilify.

Rather than hide away or give in to her dark periods — and she admits there were many — Symonds decided to turn her unpopular life choices into her area of expertise. The 42-year-old wrote Having an Affair? A Handbook for the Other Woman, and soon became a hit on the talk-show circuit. Appearing on shows like Oprah, The View and Dr. Phil, Symonds became an outspoken voice for a population of women who are hidden yet scorned for the poor choices they make by getting involved with married men.

Her message is a bold and ambitious one.

"I'm trying to get wives to wake up, I'm trying to get husbands not to cheat and I'm certainly getting women to walk away from the married man," she tells me over the phone from Wales.

She wrote her book as a way to get over the bitterness and hurt of a particularly heartbreaking affair. In it, she talks frankly to mistresses, with the purpose of empowering them to leave their married men (or MM for short). She also gives a list of common signs for wives to look for if they think their spouse is having an affair. (Examples: A sudden willingness to do his own laundry, spending time in front of the computer after the wife has gone to bed.)

After gaining a ton of exposure from her book, Symonds started to get an overwhelming amount of mail from women in affairs desperately looking for help.

"I needed more of a forum," she says. "I'd turned into a cross between Mother Teresa and Carrie Bradshaw."

She set up Mistresses Anonymous, a 12-step-like "secret society" for women to converge and seek support, guidance and empowerment from others in the same situation. What started as an online forum has now turned into live meetings, which Symonds travels around the world to host, including her first one in Toronto, scheduled for today. She's also working with a Vancouver-based production company on a show about mistresses, which is to air in the fall on Slice.

Symonds says she feels her poor choices have helped guide her to where she's meant to be right now — empowering others.

"Helping other women helps put me on the right path," she says.

Elianna Lev can be found at www.eliannalev.com

Dear stranger: Merry Christmas, from a stranger

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

On the last weekend before Christmas, Toronto resident Katie Hewitt was running errands on the holiday-crazed downtown streets when she was approached by a smiling woman bearing a small package.

The woman politely handed Katie the package and was off. "I looked at her like she was nuts and was immediately skeptical instead of grateful," says Katie, who nevertheless unwrapped the package to find a book and a little note stating: "To a stranger, from a stranger. Enjoy this read and happy holidays." This was a purely random act of kindness. Nothing demanded in return. "We're all so caught up in our own errands, we tend to be self-involved, even at Christmas. It's easy to forget that the holidays are about generosity, and it's nice to be reminded of that." It's a gesture we could all offer year-round, and one Katie plans to as a New Year's resolution: Paying it forward. The holidays are in the books, but hopefully it's books that help keep the holiday spirit alive throughout the year.

CRAIG AND MARC KIELBURGER

Send your stories of positive action to goodnews@metowe.com and we will share them right here.

MILAN KRASULA / SOLENT NEWS / REX FEATURES

Daily Zoom

Bambi meets his master

Eagle almost gets deer

SLOVAKIA. Is this bird friends with deer-chasing, viral hero Fenton the Dog? This golden eagle failed to catch this deer after the brave young doe managed to escape. Photographer Milan Krasula said, "You have to be very lucky to get a good shot, as you cannot predict where the prey will be hiding."

METRO WORLD NEWS

Eagle went for the bigger one

HUNT. The 30-year-old Krasula spent four days trying to get a great picture of the annual eagle hunt, where owners release their birds to hunt prey. "(One owner) did not see the little doe and had actually released the eagle to get another animal. Of course, the eagle went for the doe instead of the other prey," Krasula said.

METRO WORLD NEWS

5

A fully grown roe deer, at 30 kilograms, is five times heavier than a six-kilogram golden eagle. Still, the deer is the golden eagle's largest regular prey item. Cases exist of golden eagles killing calves. Eagles usually eat rabbits, squirrels, birds and large insects.

How the fawn made its escape

CHASE. While describing it as "an event of Mother Nature," Krasula was secretly rooting for the fawn and its quest to escape. "I think the life of the doe was saved by a nearby fence. It wanted to jump over it but was so frightened it only managed to slip underneath, giving the eagle no choice but to abandon the chase."

METRO WORLD NEWS

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2 scene

Keira's breakthrough

Knightley talks about prepping for the role of a repressed psychiatric patient in A Dangerous Method ◗ How she battled her own psychological issue — a bad case of stage fright

RICHARD CROUSE
SCENE@METRONEWS.CA

Since her 2002 breakout performance in Bend it Like Beckham, Keira Knightley has starred in 18 films, but it was only recently she realized something about her acting process.

"I suffer very badly from stage fright," she says.

"I didn't find it out until I had actually been on stage that that's what the feeling was.

"It's literally like having a wall in front of you. You know you have the ability to break through but for some reason you can't on that day.

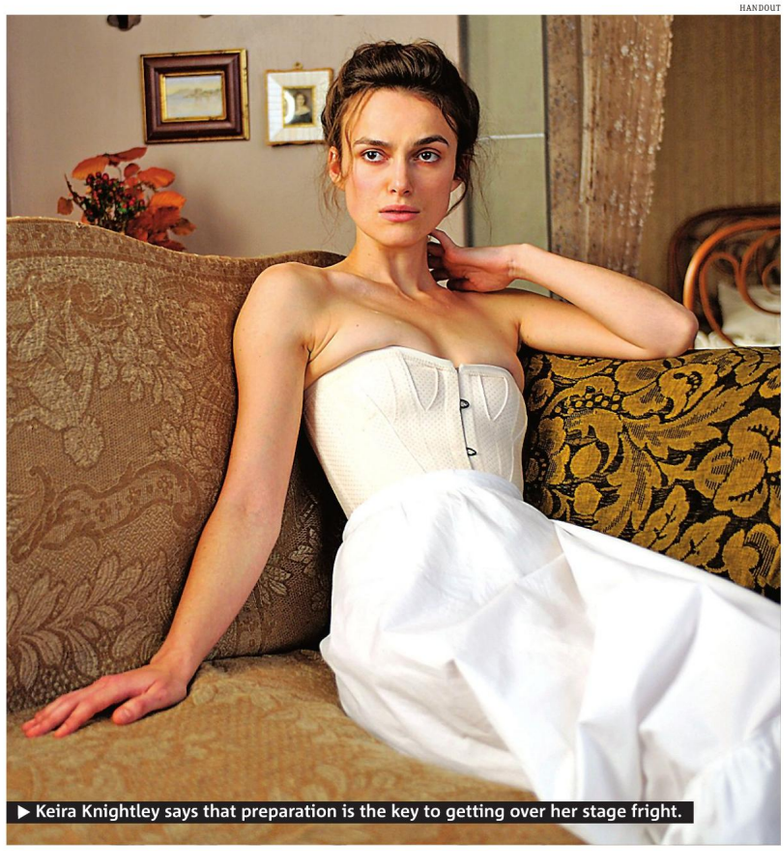
"It's very strange that you can work as much as I do and still have a problem with that."

She has found a way to circumvent her fears, a method that came in handy while making her newest film A Dangerous Method, the story of the fathers of psychoanalysis, Carl Jung (played by Michael Fassbender) and Sigmund Freud (played by Viggo Mortensen), and Sabina Spielrein, the intelligent but troubled patient who causes a falling out between the men.

"I found only in the last few years that research helps," she says.

"As far as getting over that fear of stage fright I find that preparation is the key."

HANDOUT



▶ Keira Knightley says that preparation is the key to getting over her stage fright.

To play Spielrein, a woman wracked by tics and repression, Knightley threw herself into the exploration of the character.

"There was nothing that linked me to her," she says.

"I had no idea about it. So I phoned Christopher Hampton because he did the adaptation of Atonement, which I did a few years ago, and said, 'I'm going to do this, so help. Just help.'

"I went round to his house and thought he was going to give me a talk for a couple of hours and give me all the answers but he just handed me a pile of books and said, 'Start reading. It's all in there.'"

She eased her nerves with the research and further support was supplied during shooting by the film's director, David Cronenberg.

"Sets… are very difficult creative spaces," she says, "and trying to get the space so you can use your imagination and get yourself so you are not frightened by however many hundreds of people are on the set is quite a difficult thing.

"What David does is entirely creative. As much as it is technical it is also creative, collaborative and everybody is incredibly respectful of each other.

"He's a magician. He's absolutely extraordinary."

"What David (Cronenberg) does is entirely creative. … He's a magician. He's absolutely extraordinary."
KEIRA KNIGHTLEY

Viggo Mortensen on research

▶ "With David (Cronenberg) I know I'm going to have a good time shooting and the movie is probably going to be really interesting and original. As is the case this time again. A lot of cases with other directors the shoot is maybe fraught with tension and disorder but the research period can always be interesting. I love that."

Box office

The Devil Inside has scared up a monstrous $34.5 million opening weekend to help Hollywood exorcise its recent box-office demons. The surprise hit from Paramount Pictures debuted well above industry expectations. The Devil Inside bumped another Paramount hit, Mission: Impossible — Ghost Protocol, from the No. 1 spot to No. 2.
THE ASSOCIATED PRESS

Gerry Dee turns former teaching antics into CBC-TV sitcom

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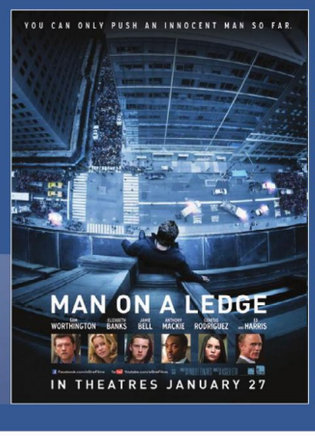

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Russell Crowe joins the 'republic'

- Republic of Doyle's premiere features big star power
- Series creator talks about having Crowe on set

HANDOUT

▶ Republic of Doyle star/creator Allan Hawco says Russell Crowe was an easy person to work with.

IAN JOHNSTON
SCENE@METRONEWS.CA

Republic of Doyle has pulled out all the stops for its third season premiere – nabbing big-time movie star Russell Crowe for a guest spot. And according to series creator/star Allan Hawco, Crowe did much more than merely show up for filming.

"Russell never half-does anything," says Hawco. "He worked for a real long time with me on the script. Months and months of emails. He was integral to the plot as it is now."

Republic of Doyle returns to TV Wednesday at 9 p.m. (ET) on CBC

So why exactly did Crowe agree to play a mysterious bad guy in a little CBC detective series? Well, it seems that Great Big Sea singer Alan Doyle knows Crowe — having previously appeared with him in the film Robin Hood.

Indeed, the Republic of Doyle episode — airing Wednesday — also functions as a sly reunion for Robin Hood's merry band with not only Doyle and Crowe, but actors Scott Grimes and Kevin Durand.

"I was introduced to Russell years ago by Alan, who has since become a very good friend." says Hawco. "He (Crowe) is just one of those guys who likes to use his position in the industry to help others along."

In the episode, Jake (Hawco) is framed for murder, leading to an encounter with a mysterious group of men (led by Crowe) whose own agenda is anything but clear. Despite the super star on set, Hawco says the shoot was business as usual.

"Having Russell around really didn't change anything on the shoot. Obviously we have a tight budget and schedule. But he never derailed us for a second. He was awesome in that way."

Now entering its third season, Republic of Doyle continues to grow in popularity around Canada — though finding fans has never been a problem in the city of St. John's.

"The people of St. John's have been there from day one," says Lynda Boyd, who plays Rose on the series. "They stop you on the street and tell you they love it and how great it makes the city look. They see it as their show."

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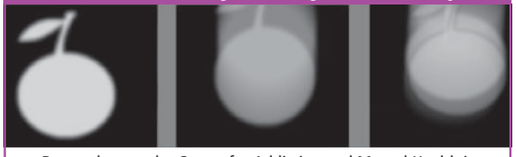

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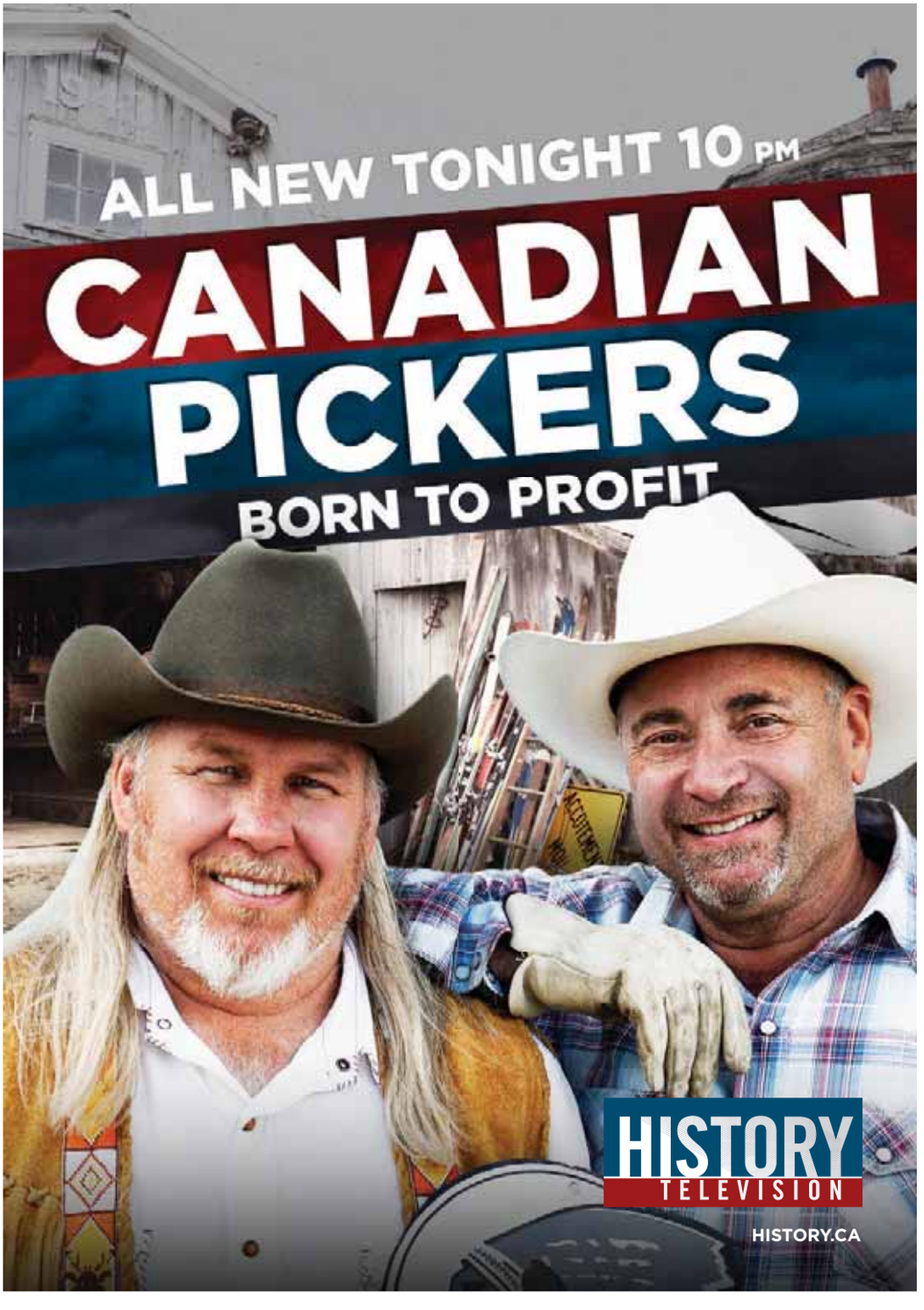


Say hello to the younger Young Hov'

Jay-Z, Beyoncé welcome baby girl, name her Blue Ivy Carter

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Beyoncé Knowles and Jay-Z reportedly welcomed their daughter over the weekend, according to E! News.

The baby, named Blue Ivy Carter (although some outlets are saying her name is Ivy Blue Carter), was delivered on a private floor of New York's Lenox Hill Hospital that the superstar couple had reportedly paid $1.3 million to rent out.

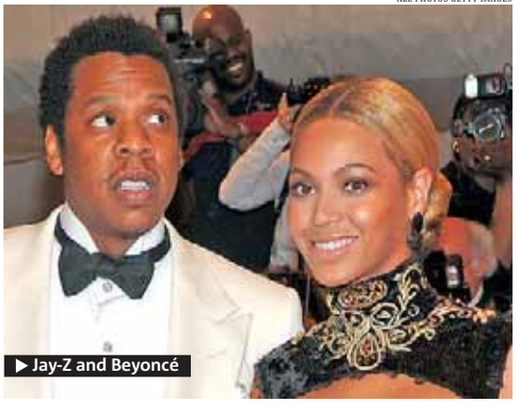
And while mom and baby recuperate, security is remaining high: Hospital workers have reportedly put tape over surveillance cameras, and employees' mobile phones are being confiscated when they arrive for shifts, sources tell the New York Daily News.

There had to have been a musical motive to naming the child Blue (rhymes with "Boo?").

While it's not likely the name was inspired by albums by Joni Mitchell or Weezer, we think that every time the girl does a cute drawing they can call it The Blueprint and The Blueprint II after her dad's landmark albums.

Plus, it would have been too weird to name the girl Hova-ette.

ALL PHOTOS GETTY IMAGES



▶ Jay-Z and Beyoncé

Sienna finally settles down

Sienna Miller has stopped her home-wrecking ways, it seems (remember when she allegedly broke up the marriage of Balthazar Getty?).

The actress and boyfriend Tom Sturridge are ready to get married and have a family, though which they'll do first isn't clear. Miller recently confirmed she's expecting her first child in June, and now comes that Sturridge popped the question during a recent vacation to Paris, according to Life & Style.

"They're engaged and really happy. Her family is happy, as they absolutely adore Tom," a source says.

"He filled their hotel suite at the Ritz with flowers and presented her with a vintage Victorian ring. It was incredibly romantic — she was blown away."

METRO

Sienna Miller

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Get your kids moving in 2012

THINKSTOCKPHOTOS.COM

▶ Turn off the television and get outside!

Stephanie Joanne, trainer of the Degrassi cast, shows how to get your child moving ‘Think of exercise for kids as simply moving their bodies’, she says

HEATHER BUCHAN
LIFE@METRONEWS.CA

As a kid, you played Capture the Flag. Kids today are playing Call of Duty. The premise of each game is similar. The difference: One is done outdoors, and involves running and jumping and fake shooting…while the other requires a couch. And maybe a sugary soda, as an accessory.

It’s an old story: kids don’t get enough physical activity. What’s scary is the new research that proves it: Here in Canada, for example (a country with a lot of outdoors), only nine per cent of boys and four per cent of girls meet the new Canadian Physical Activity Guidelines, which state that children and youth should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily

The impact of this trend is both immediate (the rise of childhood obesity and diabetes is alarming) and lifelong (lifestyle patterns start young and inactive kids generally turn into inactive adults).

So how can you get your kids off the couch this New Year?

“Exercise for kids doesn’t mean hitting the treadmill,” explains Stephanie Joanne, who is currently training the cast of the hit high school series Degrassi, including stars Jessica Tyler and Raymond Ablack.

Simply running around playing hide-and-seek or kicking around a ball shouldn’t be viewed as frivolous.

Simple daily physical activity like this improves stamina, agility, strength and coordination in kids.

“Think of exercise for kids as simply moving their bodies. Let them decide how they want to be physically active. Maybe it’s throwing a Frisbee, joining a sports team, joining a dance class or simply jumping on a trampoline.”

Joanne, also an Extreme Fitness personal trainer, recommends exposing children to as many different forms of activity as possible.

“This way, they can choose which ones they enjoy,” she says. One easy way to get kids moving around is through dance.

“It’s much more effective to tell kids to dance to their favourite songs than to ask them to stay on cardio equipment,” she says, adding, “If they don’t like dancing, they can skip to their favourite songs.”

And if your little ones are technology obsessed, replace Call of Duty with games that require users to get up and move around.

“Kids’ fitness DVDs and Playstation games are readily available these days,” says Joanne.

They follow you

According to the Active Healthy Kids Canada, children who receive greater parental support for physical activity, and who have parents who rate physical activity as highly enjoyable, are more likely to engage in one or more hours of physical activity a day.

Degrassi’s Raymond Ablack

Tips

THIS YEAR, GET YOUR KIDS OFF THE COUCH

STEPHANIE JOANNE
EXTREME FITNESS PERSONAL TRAINER

1 **Lead by example.** Be a positive role model. Don’t expect your kids to do something you’re not doing. Find activities you can enjoy together and commit to fitness for your family.

2 **Create active habits.** Walk with your kids to school, do active chores together or get active by volunteering. Create routines early on that require your kids to be active. When it becomes normal to not move and just sit in front of the TV, it becomes harder to break those habits later on.

3 **Get a dog.** A family dog is a great way to guarantee some activity in the home. The dog must be walked and it holds kids accountable to making the daily commitment to getting out and walking.

3 life

Twins take over

More U.S. women are having twins these days.

Health officials say one in every 30 babies is a twin.

That’s a huge increase over the past 30 years.

In 1980, only one in 53 newborns was a twin.

Experts attribute the jump mainly to medical treatments and procedures that help infertile couples.

But they note that there are more older moms today.

For some reason, women in their late 30s have twins at a higher rate.

The Centers for Disease Control and Prevention released the twins report on Wednesday.

THE ASSOCIATED PRESS

Earlier diagnosis of dementia would have been beneficial, caregiver survey finds

Spice up those healthy greens

With its tuna chunks, this salad is hearty enough for a filling lunch

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

With cold winter days and nights upon us, crisp bright salad is perfect for a look ahead to spring.

Spicy Oil-Dressed Tuna & Greens

EMILY RICHARDS

This recipe serves four.

Ingredients:

- 3 tbsp (45 mL) extra virgin olive oil
- 1 jalapeno pepper, seeded and minced
- 1 large clove garlic, minced
- 3 tbsp (45 mL) white wine or cider vinegar
- 1/4 tsp (1 mL) salt
- 8 cups (2 L) mixed salad greens
- 1 cup (250 mL) halved grape tomatoes
- 1/3 cup (75 mL) thinly sliced red onion
- Half green pepper, thinly sliced (optional)
- 2 tbsp (25 mL) each chopped fresh chives and Italian parsley
- 2 cans (170 g each) chunk light tuna in water, drained

Preparation:

1 In skillet, heat oil over medium low heat. Add pepper and garlic. Cook, stirring 1 min. or until fragrant. Let cool slightly. Whisk in vinegar, salt.

2 In large bowl, combine greens, tomatoes, onion, pepper, if using, chives and parsley. Divide among 4 plates. Top each with tuna and drizzle with dressing before serving.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Rose Reisman's Swap It

If you're going to eat a frozen dinner, be careful with your choice. For example, white rice raises your blood sugar quickly then crashes it, making you hungry again.

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January

9

May we suggest cutting back on calories for your New Year's resolution?

67 calories per 341mL bottle. That's about half the calories of wines or mixed drinks*. Here's to a win-win resolution.

Must be legal drinking age. *Calculations based on an average serving (6 oz glass of wine and single serving of mixed drink). Details at molsoncanadian67.ca

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Endless hot water, no tank

Tankless water heaters not only save energy, but they cut your costs, too

BEN KNIGHT
LIFE@METRONEWS.CA

Canadians love hot water. Having a tank ready to fire up a hot bath or shower after you come in from the winter cold is essential.

But in this modern, eco-conscious world, almost everything is being re-imagined. One of the latest energy-saving, cost-cutting breakthroughs is the tankless water heater.

"One of the main benefits of tankless water heaters is you're not storing and heating water while you're sleeping or out of the home," says Richard Simpson, Rheem Canada's tankless business manager. "The tankless only heats the water as you need it."

OK, but how long does that take? Tap water runs very cold in Canada, and we don't like to wait.

ISTOCK

$1.75

The average cost of heating water for a 10-minute shower in Canada is $1.75. That's $52.50 a month if you shower every day. The higher efficiency of tankless water heaters can cut the number by 30 per cent.

"With some units it can take an additional couple of seconds' delay," explains James Gray-Donald, sustainability leader for Sears Canada. "However, there are a number of units with a small reserve tank — just three or four litres of water — to avoid that delay."

Cold water is forced through a blazing natural gas heating system, quickly cranking it from frosty cold to toasty hot. The cost of keeping large amounts of water hot for long periods of time is eliminated.

They're not cheap, though. Tankless water heaters cost double or more the price of their traditional counterparts. But their increased efficiency can easily save a family of four $250 per year.

"Instead of 65 to 67 cents of every dollar you spend getting into the water in the form of energy, 94 cents of that dollar gets there," Rheem's Simpson says.

And there's another significant advantage of tankless water heaters — they never, ever run out of hot water.

"In Canada, the biggest driver for the consumer is unlimited hot water." Simpson concludes. "We actually give you a 12-year warrantee. We fully expect to get 20 years of life out of these things."

NATURAL PIT STICK ROUTE

Is there such a thing as natural deodorant that doesn't contain carcinogens and isn't too expensive? ***Mansour of Toronto***

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

Yes. There are safer products that don't contain ingredients linked to the "C" word.

Be prepared for a steeper price tag. Eco-friendly deodorants will run you about $7 a stick. And you might need to try two or three before landing a brand that works for your body chemistry. I suggest asking stores for samples or buying the travel-size so you can test and review.

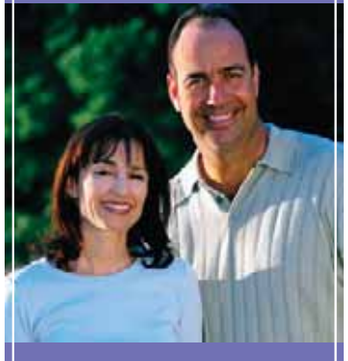
Either way, replacing your personal-care products with safer alternatives is a worthwhile endeavour.

For nontoxic pit sticks, shop for products without parfum (or fragrance), siloxanes and PEGs.

These were the three most commonly found ingredients in deodorants and antiperspirants when the David Suzuki Foundation asked Canadians "Are the Dirty Dozen in your products?"

The concern with PEGs is contamination with 1,4-dioxane. The International Agency for Research on Cancer calls 1,4-dioxane a possible human carcinogen. It's also persistent, which means it doesn't readily break down in the environment. This increases potential for exposure.

Try the online Skin Deep Cosmetics Database, which ranks and rates more than 69,000 products from shampoo to baby butt balm.



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Educators approach road block

Research indicates that a school's proximity to a major street can affect a student's health and academic success

Students in low-income neighbourhoods are facing exposure to elevated levels of air and noise pollution due to the location of their schools near major roads, a new study suggests.

Researchers from Simon Fraser University (SFU) and the University of British Columbia looked at nearly 1,500 public elementary schools in Canada's 10 largest cities.

Addresses were geocoded with the proximity to the nearest major road calculated for each school. Researchers gathered data on income and neighbourhood characteristics from the 2006 census.

Studies of children who live near major roads have found that traffic-related air pollution is associated with lower lung function, impaired lung growth, asthma, ear infections and lower cognitive functioning, said SFU geography graduate student Ofer Amram. He co-authored the study with SFU health sciences assistant professor Ryan Allen and three UBC colleagues.

ISTOCK

▶ Schools found in neighbourhoods with a higher average income are less likely to be near major roads, according to a recent study.

Amram said similar studies of traffic-related noise have found links to increased blood pressure, reduced sleep quality and cognitive deficits.

Research also reveals that when children are exposed to higher air pollution and noise at school it can lead to poorer average academic performance, he noted.

Based on measurements of nitrogen oxide concentrations, ultrafine particle counts, and noise levels in three Canadian cities, researchers defined schools located less than 75 metres from major roads as their zone of primary interest.

Across the country's 10 biggest cities, 16.3 per cent of public elementary schools were located within 75 metres of a major road, with a wide variability between cities.

Researchers found schools located in neighbourhoods with a higher median income were less likely to be near major roads. Meanwhile, those housed in more densely populated neighbourhoods were more frequently close to major roads.

Amram said the study looked at overall patterns across Canadian cities and said the relationship of closer road proximity for schools in poorer neighbourhoods was pretty consistent across the cities they investigated.

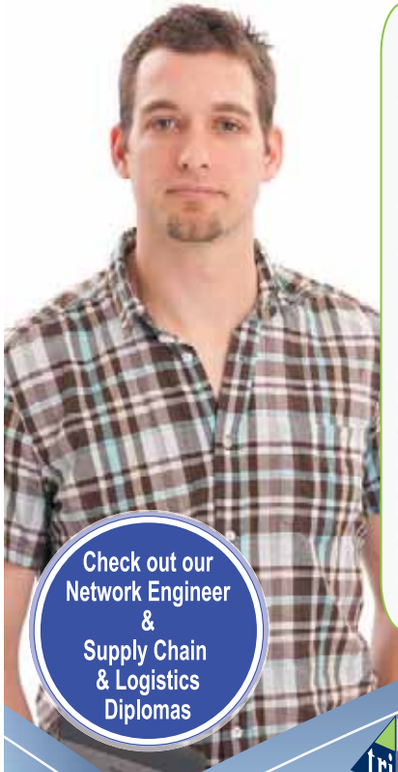
But he noted that the results don't necessarily describe the situation at every individual school, but rather the general relationship between proximity and neighbourhood income. THE CANADIAN PRESS

Down the road

Future of the findings

- Graduate student Ofer Amram said he hopes his and Ryan Allen's research can help officials determine where to build new schools, and serve as a guide for improvements like constructing sound barriers or installing filters in ventilation systems at existing schools.

Discover a Richer, More Rewarding Future



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New year, new look, new life

With a job on the horizon, cancer on the back burner and a positive outlook, Lisa Airst is ready to take on the world

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

It's a new year and new beginning for Metro's Makeover Contest winner Lisa Airst.

The cancer survivor is about to start a new job as an educator with an organization that manages homes for people with mental health issues, and Lisa says the contest played a huge role in securing her new job.

"I believe I was determined before but sometimes I gave up. Sandy at NEXCareer didn't give up on me. I learned to be even more determined and persistent."

SCOTT KENNELLY

▶ Lisa Airst before and after a makeover courtesy of Donato Salon and Spa.

Lisa's new wardrobe from Danier, the notebook from TechDirect, the Blackberry with phone service from WIND Mobile and mentoring from Robin Sharma International and eBranders all helped put her on the path to success.

"I'm in remission and flying high. I feel positive about the future because I persisted right to the end and I didn't give up."
LISA AIRST, METRO'S TURNING POINT MAKEOVER CONTEST WINNER

She recently went to Donato Salon and Spa, and as you can see from her photo she has a beautiful new look to go along with her new job and outlook on life.

"I had a follow-up with my surgeon. I'm in remission and flying high. I feel positive about the future because I persisted right to the end and I didn't give up."

From all of us at Metro News, Congratulations Lisa!

camh
Centre for Addiction and Mental Health
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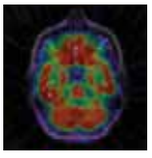
Borderline Personality Disorder and Depression Brain Imaging Study

The Neurochemical Imaging Program in Mood Disorders at the Positron Emission Tomography (PET) Centre is studying the brain changes associated with borderline personality disorder and major depression.



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Not so fast: Cooking up a revolution

More and more Canadians are taking the initiative to educate themselves about the food-making process

The notion of trekking to a farmer's market and labouring over a stove to prepare an evening feast may tempt some people to dial their nearest takeout joint, but a dinner prepared the old-fashioned way is Stephanie Kolk's idea of a happy meal.

The 23-year-old revels in the labour associated with producing quality food, particularly when she can be involved at every step of the process.

For Kolk, collecting homegrown tomatoes from a local greenhouse, dicing them for a caprese salad or simmering and seasoning them to turn them into the perfect pomodoro sauce are all part of the joy of cooking. It's a pleasure she fears too many members of her generation are missing out on as they stand in line to buy a sandwich or reheat the contents of a package bought at a supermarket.

HANDOUT/THE CANADIAN PRESS

▶ Stephanie Kolk, an active member of the Slow Food movement, tries a cream flavoured liqueur in a wafer shot glass.

Kolk hopes to lure her peers back into the kitchen by plugging them into Canada's "slow food" movement, an initiative meant to promote sustainable food production and foster stronger communities.

"We need to educate ourselves so we can educate the next generation," Kolk said in a telephone interview from Calgary.

"Food has gotten so broken down. Almost nobody lives on farms anymore. It's gotten out of fashion to grow your own food. Without some training and education, the next generation could have some serious troubles with the food system."

Kolk — along with a few like-minded youthful foodies — is in the process of launching a Slow Food "convivium" geared specifically towards young people in southern Alberta.

Participants will take part in events that further the understanding of how food is grown and prepared. Farm tours and market excursions will be on the agenda, but Kolk said the primary focus will be on building a community.

The convivium's inaugural event — scheduled for later this month — will be a simple "eat in" where guests bring ingredients and collaborate to produce a meal.

Paul DeCampo, who headed up Toronto's Slow Food chapter for nearly five years, said youth engagement has been a rising focus of Canadian participants.

He laments the loss of home-cooking skills, which dwindle as harried parents increasingly reach for simple mealtime solutions.

As culinary skills disappear, cultural roots and community supports go with them, he said.

Slow Food

History of home-made

- The Slow Food movement has been steadily gaining traction since 1989 when Slow Food International was founded.
- The Italy-based organization, which now has chapters in 150 countries, says its primary goal is to promote environmental and community awareness through the pleasures of good food.

"Slow Food is certainly about addressing and pushing back on the corporate control of our food system."

PAUL DECAMPO, FORMER HEAD OF TORONTO'S SLOW FOOD CHAPTER

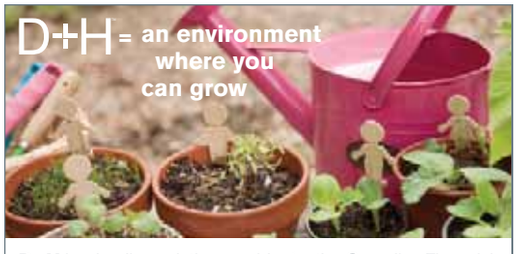
DeCampo is optimistic that the Slow Food movement may catch on, particularly in the wake of "Occupy" protests that raised awareness of the impact big business has on everyday life.

"We have a population of youth who are questioning the intrusion of corporate power into all aspects of life, and Slow Food is certainly about addressing and pushing back on the corporate control of our food system," DeCampo said. "I think there's an alignment of ethics there."

THE CANADIAN PRESS

Career Finder

To advertise contact Jason Saddler at 416 443 4394



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Raonic wins in India

Canada's Milos Raonic had to work for his second career ATP title.

The 21-year-old from Thornhill beat top-seeded Janko Tipsarevic of Serbia 6-7 (4), 7-6 (4), 7-6 (4) in a serve-dominated final of the Chennai Open on Sunday in India.

Fourth-seeded Raonic hit 35 aces in a marathon match that lasted three hours 16 minutes and didn't feature a break of serve.

"It is an awesome feeling," said Raonic, who won all 48 of his service games during the week to become the first player to win a tournament without dropping serve since Swiss star Roger Federer at the 2008 grass-court tournament in Halle.

Raonic dropped only four points on serve in the first set and had four chances to break in the fourth game before Tipsarevic stole it on a tiebreaker.

"Tipsarevic took it away in the first set," Raonic said. "But I took my opportunities in the second and third."

Raonic established a 4-1 lead in the second-set tiebreaker before levelling the match on his second set point. He had to save break points early in the decider but dominated the tiebreaker with his serve.

The Canadian is 2-1 in ATP World Tour finals, claiming his first title in San Jose last February. He followed that up by finishing runner-up to American Andy Roddick in Memphis a week later.

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AIJAZ RAHI/THE ASSOCIATED PRESS

"My serve is a big factor in my game ... in 99 per cent of my matches. My job is to take care of my serve."
MILOS RAONIC

JEFF GROSS/GETTY IMAGES

▶ Denver QB Tim Tebow prepares to throw the game-winning touchdown to Demaryius Thomas on Sunday.

A magic pass in the Mile High City

Tebow's 80-yard passing TD in OT lifts Denver over Pittsburgh

29	23
BRONCOS	STEELERS

One of the most storied NFL playoff teams ran into a rejuvenated Tim Tebow and the Denver Broncos.

Sorry, Pittsburgh Steelers.

The magic is back.

Tebow connected with Demaryius Thomas on an electrifying 80-yard touchdown pass on the first play of overtime and the Broncos defeated the stunned Steelers 29-23 in the AFC wild-card game on Sunday. Wild doesn't begin to describe it. The play took 11 seconds and was the quickest ending to an overtime in NFL history.

Thomas hauled in a high play-action pass at the Denver 38, stiff-armed Ike Taylor and then outraced Ryan Mundy to the end zone. Tebow, who looked as startled as everyone else, chased down Thomas and knelt on one knee — a gesture known far and wide these days as Tebowing. Then he pounded a fist in triumph and took a victory lap.

"When I saw him scoring, first of all, I just thought, 'Thank you, Lord,'" Tebow said. "Then, I was running pretty fast, chasing him — like I can catch up to D.T! Then I just jumped into the stands, first time I've done that. That was fun. Then, got on a knee and thanked the Lord again and tried to celebrate with my teammates and the fans."

Prodded by John Elway to let the ball fly, Tebow acted as if the last three weeks never happened, lifting the Broncos to their first playoff win in six years.

Behind Tebow's 316 yards passing, the Broncos (9-8) are heading to New England for a second-round game against the top-seeded Patriots on Saturday night. And, unlike Elway, who lost his first post-season start — to the Steelers at home in 1984 — Tebow is 1-0 in the playoffs.

"We're just a fighting team. A lot of resilience," Broncos cornerback Champ Bailey said. "In any adverse situation, we'll find a way to get out of it. Everybody says we backed into the playoffs, we're in. We did something right along the way. We're in it. We won a game. Now, we've got to go try to win another one."

THE ASSOCIATED PRESS

Giants win

Eli Manning threw three touchdown passes to lead the New York Giants to a 24-2 win over the Atlanta Falcons in an NFC wild-card game Sunday.

- Manning connected with Hakeem Nicks for a 72-yard TD and Mario Manningham on a 27-yard toss as the Giants (10-7) pulled away from the inept Falcons (10-7) in the second half.
- He also threw a four-yard TD pass to Nicks in the first half, which came after the quarterback scrambled 14 yards to spark the 85-yard drive.
- The Giants travel to Green Bay next Sunday to play the defending Super Bowl champion Packers (15-1), who beat them 38-35 in December.

4 sports

Quoted

"We made history. We're excited about another chance to make history up there in Baltimore."
HOUSTON DEFENSIVE END J.J. WATT, WHO HAD A GAME-CHANGING INTERCEPTION RETURN FOR A TOUCHDOWN IN SATURDAY'S WIN AGAINST THE CINCINNATI BENGALS, THE TEXANS' FIRST-EVER PLAYOFF VICTORY. THE 31-10 WIN SET UP A MATCHUP WITH THE BALTIMORE RAVENS IN THE NEXT ROUND OF THE PLAYOFFS.

Scan code for more sports.

Leafs far from done after Game 41

Heading into the season's second half, Buds in position to end a post-season drought dating back to 2004

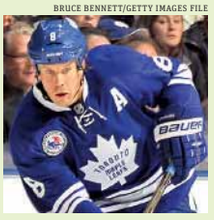
The Maple Leafs hit the halfway point of the season inside the playoff bubble, and that's a solid accomplishment when stacked up against the hurdles of the first 41 games.

Toronto has weathered major injuries to key players and has prospered from the depth in the organization when filling in for Colby Armstrong, John Michael Liles, Mike Komisarek, Mike Brown and James Reimer. The Leafs have stayed in the race despite the fact Reimer has yet to return to form in net in the month since he's returned.

Toronto is building on a game plan that could make them a handful if they make the post-season.

Here's a look at some hot-button points for the Leafs in the second half:

BRUCE BENNETT/GETTY IMAGES FILE



Unsung heroes

Mike Komisarek and Mike Brown returned to the lineup Saturday and made immediate impacts, especially in checking and positional play.

Matt Lombardi is also starting to play well and take care of details, something duly noted by coach Ron Wilson.

The Leafs need their work-horse players to contribute if they hope to play meaningful games this spring.

RICHARD LAUTENS/TORSTAR NEWS SERVICE FILE

Dion phenomenal

It's not just Ron Wilson. Bloggers, as well as mainstream media, are starting to include Dion Phaneuf when it comes to talk about the Norris Trophy.

He has shown great leadership, most recently against the Red Wings on Saturday when he played with a swollen jaw after taking a puck in the face against the Jets last week.

But Phaneuf's work now swings into full gear as he tries to lead the Leafs to the playoffs.

FRANK GUNN/THE CANADIAN PRESS FILE

Monster momentum

Goaltender Jonas Gustavsson has won the Leafs' last three games — three wins after that three-game Christmas slide — and is 8-2-0 in his last 10 starts. His solid numbers (2.49 goals-against average, .922 save percentage) over that span have helped the Leafs remain in the hunt.

Reimer was 3-4-3 in his last 11 starts.

Goaltending, as always, will be a huge factor in the second half.

CARLOS OSORIO/TORSTAR NEWS SERVICE FILE

Age appropriate?

Veterans Liles and Armstrong are due back from injuries soon barring setbacks in their concussion recoveries.

Toronto's success has hinged in part on young players like Jake Gardiner, Nazem Kadri, Keith Aulie and Matt Frattin.

But the fact that none of them has been through a playoff round, while Liles and Armstrong have, should influence the Leafs' roster decisions for the stretch run.

BRUCE BENNETT/GETTY IMAGES FILE

Setting the pace

Joffrey Lupul has been nothing short of sensational over 41 games. He's had at least a point in all but six of those games and with Phil Kessel forms the top tandem in the league.

The pair are near the top of the points race and could receive Hart Trophy consideration if they maintain their pace. And now they have the right centre in Tim Connolly.

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A turning point for Detroit

Lions have taken step forward despite loss to Saints, ending playoff drought ‘We need to win our division’

The Detroit Lions have taken a leap forward by ending an 11-season playoff drought. They have work to do on defence if they want to make it beyond the first round.

All their deficiencies showed up when the Lions gave up an NFL post-season-record 626 yards to New Orleans in a 45-28 NFC wild-card loss Saturday night.

“A loss like this makes us want to return to the playoffs even more,” defensive end Kyle Vanden Bosch said. “It will be no surprise to everyone when the Detroit Lions start to make the playoffs each and every year.”

The Lions, though, will have to figure out a way to improve their roster enough to stop good teams from piling up points and yards. They allowed an average of 122 yards rushing and 312 yards passing in six losses to playoff teams — two times to both Green Bay and New Orleans, and once to San Francisco and Atlanta.

Detroit slipped to the unfavourable matchup against the Saints after losing the regular-season finale by allowing Green Bay’s backup Matt Flynn to throw for 480 yards and six touchdowns.

Instead of beating the Packers, who were without some of their best players, to face the New York Giants and perhaps have a better shot of winning a playoff game for the second time since 1957, the Lions were double-digit underdogs at New Orleans.

CHRIS GRAYTHEN/GETTY IMAGES

▶ Lions QB Matthew Stafford, left, meets with Saints QB Drew Brees after Saturday’s game.

“We learned that we need to win our division so the next time we can have a home game and benefit from our home crowd like the Saints did,” quarterback Matthew Stafford said.

“That’s a huge difference.”

Stafford’s goal has a huge obstacle: Green Bay isn’t leaving the NFC North.

Detroit coach Jim Schwartz wasn’t in the mood to reflect on the season after it ended in New Orleans, but he’s expected to Monday.

Three seasons after sealing NFL infamy as the only 0-16 team, the Lions have plenty of building blocks to become consistently competitive.

“We’re going to be around for a while,” said kicker Jason Hanson after completing his 20th season with the Lions.

Stafford threw for 5,418 yards with 44 TDs — 18 to Calvin Johnson — and 18 interceptions in 17 games that provided hope for a franchise that has desperately needed it at quarterback.

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	39	26	9	1	3	116	82	56	12-3-0-2	14-6-1-1	9-1-0-0	W4
d-Boston	38	26	11	0	1	141	73	53	14-7-0-1	12-4-0-0	8-2-0-0	L1
d-Florida	41	20	13	4	4	107	115	48	10-4-1-4	10-9-3-0	4-4-2-0	L2
Philadelphia	40	24	12	2	2	137	121	52	10-6-1-1	14-6-1-1	4-5-0-1	L1
Ottawa	43	22	15	4	2	135	143	50	14-8-0-1	8-7-4-1	7-2-1-0	W1
New Jersey	41	23	16	1	1	114	117	48	11-7-0-1	12-9-1-0	6-3-1-0	W2
Toronto	41	21	15	3	2	133	131	47	11-5-2-2	10-10-1-0	5-3-2-0	W3
Pittsburgh	40	21	15	2	2	123	106	46	11-7-2-0	10-8-0-2	4-6-0-0	L4
Winnipeg	41	20	16	3	2	109	119	45	14-6-0-1	6-10-3-1	6-3-0-1	W1
Washington	39	21	16	0	2	116	115	44	14-5-0-1	7-11-0-1	6-3-0-1	L1
Buffalo	41	18	18	3	2	107	121	41	10-9-3-2	8-9-0-0	2-6-1-1	L2
Montreal	41	16	18	2	5	109	114	39	7-7-2-4	9-11-0-1	3-7-0-0	W2
Tampa Bay	40	17	20	1	2	109	136	37	11-5-0-0	6-15-1-2	4-5-1-0	L3
Carolina	43	14	22	4	3	112	146	35	10-10-0-3	4-12-4-0	4-4-1-1	L1
NY Islanders	39	14	19	4	2	91	125	34	8-9-3-0	6-10-1-2	5-5-0-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	42	26	13	0	3	138	102	55	12-5-0-2	14-8-0-1	7-2-0-1	W2
d-Detroit	41	26	14	1	0	134	94	53	15-2-1-0	11-12-0-0	7-3-0-0	W1
d-San Jose	38	23	11	3	1	112	89	50	14-7-2-0	9-4-1-1	8-1-1-0	W4
St. Louis	41	24	12	0	5	107	89	53	17-3-0-2	7-9-0-3	6-3-0-1	W3
Chicago	42	24	13	2	3	134	123	53	14-5-1-3	10-8-1-0	4-5-1-0	L4
Nashville	41	22	15	3	1	111	114	48	12-7-2-1	10-8-1-0	6-4-0-0	W1
Minnesota	42	21	15	2	4	96	101	48	11-6-1-2	10-9-1-2	1-7-0-2	L3
Dallas	40	23	16	0	1	112	114	47	13-7-0-1	10-9-0-0	5-5-0-0	W2
Los Angeles	42	20	15	3	4	88	93	47	12-10-0-2	8-5-3-2	6-1-1-2	L1
Colorado	43	23	19	1	0	114	120	47	13-10-0-0	10-9-1-0	8-2-0-0	L1
Phoenix	42	20	17	3	2	108	109	45	8-8-2-1	12-9-1-1	4-4-2-0	W1
Calgary	43	19	19	3	2	103	124	43	11-5-1-1	8-14-2-1	5-4-1-0	W1
Edmonton	41	16	22	0	3	111	119	35	10-6-0-2	6-16-0-1	2-8-0-0	L3
Anaheim	39	11	22	2	4	92	129	28	8-12-1-0	3-10-1-4	3-6-0-1	W1
Columbus	40	11	24	1	4	95	130	27	6-11-1-2	5-13-0-2	2-7-0-1	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Ottawa 6 Philadelphia 4
Detroit 3 Chicago 2 (OT)
Columbus at Anaheim
Saturday's results
Calgary 3 Minnesota 1
Montreal 3 Tampa Bay 1
Toronto 4 Detroit 3
Vancouver 4 Boston 3
Winnipeg 2 Buffalo 1 (OT)
Dallas 4 Edmonton 1
Philadelphia 3 Ottawa 2 (OT)
Columbus 1 Los Angeles 0
Nashville 5 Carolina 2
New Jersey 3 Pittsburgh 1
Phoenix 5 N.Y. Islanders 1
San Jose 5 Washington 2
St. Louis 4 Colorado 0

Tonight's games
Vancouver at Florida, 7:30 p.m.
Washington at Los Angeles, 10:30 p.m.
Tomorrow's games
Winnipeg at Boston, 7 p.m.
Buffalo at Toronto, 7 p.m.
Detroit at N.Y. Islanders, 7 p.m.
Phoenix at N.Y. Rangers, 7 p.m.
Ottawa at Pittsburgh, 7 p.m.
Philadelphia at Carolina, 7 p.m.
St. Louis at Montreal, 7:30 p.m.
Vancouver at Tampa Bay, 7:30 p.m.
San Jose at Minnesota, 8 p.m.
Columbus at Chicago, 8:30 p.m.
Nashville at Colorado, 9 p.m.
New Jersey at Calgary, 9 p.m.
Dallas at Anaheim, 10 p.m.

SCORING LEADERS

	G	A	PT
H.Sedin, Vcr	11	38	49
Kessel, Tor	24	24	48
Giroux, Pha	18	30	48
Lupul, Tor	19	28	47
D.Sedin, Vcr	18	29	47
Stamkos, TB	28	17	45
Malkin, Pgh	16	28	44
Eberle, Edm	17	26	43
Pominville, Buf	14	29	43
Ma.Hossa, Chi	17	25	42
Backstrom, Wash	13	29	42
Datsyuk, Det	12	30	42
Toews, Chi	22	19	41
Spezza, Ott	15	26	41
Benn, Dal	13	28	41
Vanek, Buf	19	21	40
Sharp, Chi	19	20	39
Karlsson, Ott	5	34	39
Versteeg, Fla	17	21	38
Eriksson, Dal	14	24	38
Elias, NJ	14	24	38
Hartnell, Pha	18	19	37
Seguin, Bos	16	21	37
Selanne, Ana	12	25	37
P.Kane, Chi	10	27	37
Neal, Pgh	21	15	36
Ra.Whitney, Phx	14	22	36
Tavares, NYI	13	23	36
Kopitar, LA	11	25	36
Franzen, Det	16	19	35
Parise, NJ	14	21	35
Nugent-Hopkins, Edm	13	22	35
Gaborik, NYR	23	11	34
Kovalchuk, NJ	15	19	34
Fleischmann, Fla	15	19	34
P.Bergeron, Bos	11	23	34

Not including last night's games

SENS 6, FLYERS 4

First Period
1. Ottawa, Alfredsson 14 (Turris, Cowen) 0:55
2. Philadelphia, Meszaros 6 (Talbot) 2:32
3. Ottawa, Neil 6 (Foligno, Karlsson) 8:28
4. Philadelphia, Bourdon 2, 15:32
5. Philadelphia, Couturier 6 (Read) 16:00

Penalties — Rinaldo Pha, Konopka Ott (fighting) 0:16, Carkner Ott (interference) 16:23.
Second Period
6. Philadelphia, Read 13 (van Riemsdyk, Carle) 14:08 (pp)

Penalties — Lilja Pha (slashing) 7:16, Carkner Ott (elbowing) 11:14, Condra Ott (tripping) 13:00.
Third Period
7. Ottawa, Greening 9 (Spezza, Michalek) 3:11
8. Ottawa, Karlsson 6, 6:19
9. Ottawa, Kuba 4 (Condra, Turris) 18:49
10. Ottawa, Foligno 12 (Neil) 19:15

Penalty — Lilja Pha (holding) 15:06.
Shots

Philadelphia	16	10	11	37
Ottawa	14	9	15	38

Goal — Philadelphia: Bryzgalov (L,16-9-3); Ottawa: Anderson (W,20-12-4).
Power plays (goals-chances) — Philadelphia: 1-3; Ottawa: 0-2.
Referees — Mike Leggo, Brad Watson. **Linesmen** — Mark Shewchyk, Mark Wheler.
Att. — 20,281 (19,153) at Ottawa.

TENNIS

ATP AIRCEL CHENNAI OPEN

At Chennai, India
Singles
Championship
Milos Raonic (4), Thornhill, Ont., def. Janko Tipsarevic (1), Serbia, 6-7 (4), 7-6 (4), 7-6 (4).
Doubles
Championship
Leander Paes, India, and Janko Tipsarevic (3), Serbia, def. Jonathan Erlich and Andy Ram (4), Israel, 6-4, 6-4.

ATP-WTA BRISBANE INTERNATIONAL

At Brisbane, Australia
Men
Singles
Championship
Andy Murray (1), Britain, def. Alexandr Dolgopolov (3), Ukraine, 6-1, 6-3.
Women
Singles
Championship
Kaia Kanepi, Estonia, def. Daniela Hantuchova, Slovakia, 6-2, 6-1.

WTA ASB CLASSIC

At Auckland, New Zealand
Singles
Championship
Zheng Jie, China, def. Flavia Pennetta (4), Italy, 2-6, 6-3, 2-0 (retired).
Doubles
Championship
Andrea Hlavackova and Lucie Hradecka (3), Czech Republic, def. Julia Goerges, Germany and Flavia Pennetta, Italy, 6-7 (2), 6-2, 10-7.

SKIING

MEN'S WORLD CUP SLALOM

At Adelboden, Switzerland
1. Marcel Hirscher, Austria, obne minute 58.66 seconds (58.69-59.97); 2. Ivica Kostelic, Croatia, 1:58.93 (58:95-59.98); 3. Stefano Gross, Italy, 1:59.65 (59:99-59.66); 4. Mario Matt, Austria, 2:00.10 (58.76-1:01.34); 5. Jean-Baptiste Grange, France, 2:00.22 (1:00.48-59.74); 6. Fritz Dopfer, Germany, 2:00.43 (1:00.22-1:00.21); **7. Michael Janyk, Whistler, B.C., 2:00.53 (1:00.85-59.68);** 8. Benjamin Raich, Austria, 2:00.58 (1:00.10-1:00.48); 9. Nolan Kasper, U.S., 2:00.94 (1:00.00-1:00.94); 10. Mitja Valencic, Slovenia, 2:00.96 (1:00.30-1:00.66).
World Cup Slalom Standings (after fifth of 11 races)
1. Ivica Kostelic, Croatia, 385 points; 2. Marcel Hirscher, Austria, 360; 3. Cristian Deville, Italy, 230; 4. Felix Neureuther, Germany, 216; 5. Andre Myhrer, Sweden, 215; 6. Stefano Gross, Italy, 150; 7. Patrick Thaler, Italy, 132; 8. Mitja Valencic, Slovenia, 125; 9. Manfred Pranger, Austria, 115; 10. Jean-Baptiste Grange, France, 101.
Overall World Cup Standings (after 16 events)
1. Marcel Hirscher, Austria, 725 points; 2. Ivica Kostelic, Croatia, 495; 3. Aksel Lund Svindal, Norway, 456; 4. Ted Ligety, U.S., 453; 5. Beat Feuz, Switzerland, 365; 6. Bode Miller, U.S., 343; 7. Hannes Reichelt, Austria, 339; 8. Didier Cuche, Switzerland, 327; 9. Kjetil Jansrud, Norway, 288; 10. Alexis Pinturault, France, 259.

WOMEN'S SUPER-G

At Bad Kleinkircheim, Austria
1. Fabienne Suter, Switzerland, one minute 9.55 seconds; 2. Tina Maze, Slovenia, 1:09.89; 3. Anna Fenninger, Austria, 1:10.29; 4. Fraenzi Aufdenblatten, Switzerland, 1:10.33; 5. Lara Gut, Switzerland, 1:10.43; 6. Veronique Hronek, Germany, 1:10.46; 7. Dominique Gisin, Switzerland, 1:10.52; 8. Julia Mancuso, U.S., 1:10.56; 9. Elisabeth Goergl, Austria, 1:10.70; 10. Nicole Hosp, Austria, 1:10.76.
World Cup Super-G Standings (after three races)
1. Lindsey Vonn, U.S., 213 points; 2. Anna Fenninger, Austria, 200; 3. Fabienne Suter, Switzerland, 194; 4. Julia Mancuso, U.S., 124; 5. Tina Maze, Slovenia, 111; 6. Lara Gut, Switzerland, 95; 7. Fraenzi Aufdenblatten, Switzerland, 90; 8. Andrea Fischbacher, Austria, 88; 9. Elisabeth Goergl, Austria, 87; 10. Dominique Gisin, Switzerland, 84.
Overall World Cup Standings (after 14 events)
1. Lindsey Vonn, U.S., 704 points; 2. Marlies Schild, Austria, 540; 3. Tina Maze, Slovenia, 483; 4. Anna Fenninger, Austria, 454; 5. Elisabeth Goergl, Austria, 434; 6. Viktoria Rebensburg, Germany, 336; 7. Julia Mancuso, U.S., 327; 8. Maria Hoefl-Riesch, Germany, 326; 9. Fabienne Suter, Switzerland, 311; 10. Dominique Gisin, Switzerland, 282.

LACROSSE

NLL

WEEK ONE
Last night's result
Calgary 12 Toronto 9

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION	W	L	Pct	GB
Philadelphia	5	2	.714	—
New York	4	4	.500	1½
Boston	4	4	.500	1½
Toronto	3	5	.375	2½
New Jersey	2	7	.222	4
SOUTHEAST DIVISION				
Miami	8	1	.889	—
Orlando	6	3	.667	2
Atlanta	6	3	.667	2
Charlotte	2	6	.250	5½
Washington	0	8	.000	7½
CENTRAL DIVISION				
Chicago	7	2	.778	—
Indiana	6	2	.750	½
Cleveland	4	3	.571	2
Detroit	2	6	.250	4½
Milwaukee	2	6	.250	4½

WESTERN CONFERENCE

SOUTHWEST DIVISION	W	L	Pct	GB
San Antonio	6	3	.667	—
Dallas	4	5	.444	2
Memphis	3	4	.429	2
Houston	2	6	.250	3½
New Orleans	2	6	.250	3½
NORTHWEST DIVISION				
Oklahoma City	8	2	.800	—
Portland	5	2	.714	1½
Denver	6	3	.667	1½
Utah	5	3	.625	2
Minnesota	3	5	.375	4
PACIFIC DIVISION				
L.A. Clippers	4	2	.667	—
L.A. Lakers	5	4	.556	½
Phoenix	4	4	.500	1
Sacramento	3	6	.333	2½
Golden State	2	6	.250	3

Yesterday's results
Minnesota 93 Washington 72
Orlando 104 Sacramento 97
Oklahoma City 108 San Antonio 96
Phoenix 109 Milwaukee 93
Cleveland at Portland
Memphis at L.A. Lakers
Saturday's results
Atlanta 109 Chicago 94
Indiana 99 Charlotte 77
Miami 101 New Jersey 90
New York 103 Detroit 80
Oklahoma City 98 Houston 95
Philadelphia 97 Toronto 62
San Antonio 121 Denver 117
Dallas 96 New Orleans 81
Utah 88 Golden State 87
L.A. Clippers 92 Milwaukee 86
Tonight's games
Minnesota at Toronto, 7 p.m.
Indiana at Philadelphia, 7 p.m.
Atlanta at New Jersey, 7:30 p.m.
Charlotte at New York, 7:30 p.m.
Detroit at Chicago, 8 p.m.
New Orleans at Denver, 9 p.m.
Tomorrow's games
Houston at Charlotte, 7 p.m.
Toronto at Washington, 7 p.m.
Sacramento at Philadelphia, 7 p.m.
Dallas at Detroit, 7:30 p.m.
Chicago at Minnesota, 8 p.m.
Oklahoma City at Memphis, 8 p.m.
San Antonio at Milwaukee, 8 p.m.
Cleveland at Utah, 9 p.m.
L.A. Clippers at Portland, 10 p.m.
Miami at Golden State, 10:30 p.m.
Phoenix at L.A. Lakers, 10:30 p.m.

NFL

PLAYOFFS

WILD-CARD

Yesterday's results
NFC
N.Y. Giants 24 Atlanta 2
AFC
Denver 29 Pittsburgh 23 (OT)
Saturday's results
AFC
Houston 31 Cincinnati 10
NFC
New Orleans 45 Detroit 28

FOOTBALL

NCAA BOWLS

All Times Eastern
Last night's result
GODADDY.COM BOWL
At Mobile, Ala.
Arkansas State vs. Northern Illinois
Tonight's game
BCS NATIONAL CHAMPIONSHIP
At New Orleans, La.
Louisiana State (13-0) vs. Alabama (11-1), 8:30 p.m.

SOCCER

ENGLAND

FA CUP

Third Round
Yesterday's results
Manchester City 2 Manchester United 3
Chelsea 4 Portsmouth 0
Peterborough 0 Sunderland 2
Sheffield Wednesday 1 West Ham 0

SCOTLAND

SCOTTISH CUP

Fourth Round
Yesterday's results
Arbroath 0 Rangers 4
Peterhead 0 Celtic 3

SPAIN

LA LIGA

Yesterday's results
Rayo Vallecano 2 Sevilla 1
Getafe 0 Athletic Bilbao 0
Villarreal 2 Valencia 2
Real Betis 2 Sporting Gijon 0
Espanyol 1 Barcelona 1

FRANCE

FRENCH CUP

Ninth Round
Yesterday's results
Ajaccio 1 Toulouse 0
Locmine Saint-Colomban 1 Paris Saint-Germain 2
Lyon Duchere 1 Lyon 3
Metz 2, Evian 2 Evian advanced 5-3 on penalty kicks
Prix-les-Mezieres 0 Montpellier 4
Thiers 1 Istres 4

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Man United eliminates Man City from FA Cup

Red Devils fight off comeback

The FA Cup's Manchester derby left Sir Alex Ferguson seething about United's carelessness and Roberto Mancini hailing City's strength and positive attitude.

The winner of Sunday's third-round contest, though, was Manchester United — just.

Having stormed into a 3-0 lead and seen City captain Vincent Kompany sent off in the first half, United stumbled after the break against the holders before clinging on to win 3-2 and book a trip to Liverpool.

"We were 3-0 up at half-time and we thought we were through," Ferguson said. "(We) took our foot off the pedal."

City hauled itself back into contention after strikes from Aleksandar Kolarov and Sergio Aguero, whose goal came after the ball was given away by United midfielder Paul Scholes hours after he surprisingly came out of retirement.

"It was a careless performance in the second half and we should have been home and dry," Ferguson said. "We made mistakes and you suffer if you make mistakes."

Similar mistakes have seen the champions lose back-to-back Premier League matches to slip three points behind leader City, and despite the defeat, Sunday's game only strengthened Mancini's belief that he will deliver the club's first English title since 1968.

"If we show the same attitude and strength in other games that we showed against United with only 10 men then yes we can win the league," the City manager said.

United were joined in the fourth round Sunday by Chelsea, Sunderland and Sheffield Wednesday. Chelsea routed Portsmouth 4-0, Sunderland won 2-0 at Peterborough, and Sheffield Wednesday beat West Ham 1-0. THE ASSOCIATED PRESS

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The following List of names and last known addresses, are people whose goods in storage will be sold on **Saturday January 14th, 2012 at 1:00 PM** due to non-payment of storage rent. The Auction will be held at **2256 Lakeshore Blvd. W., Etobicoke, ON**

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97 CLINE MOUNT ROAD SOUTH
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2. MOHAMED IBRAHIM MAHMOUD
1 SUMMERHILL ROAD #607
ETOBICOKE ONTARIO, M8V 1R9
3. MONICA RILLING
46 HAY AVE #6
ETOBICOKE ONTARIO, M8Z 1G1
4. GRAIG RUHNKE
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TORONTO ONTARIO M8V 3W9
5. HARRY SORENSEN
170 LAKESHORE DRIVE
TORONTO ONTARIO M8V 2A6
6. HARDEEP GILL
88 PALACE PIER COURT PH 209
TORONTO ONTARIO M8V 4C2
7. LISA STOCKUS
81 SHUTER ST #A2
TORONTO ONTARIO M5V 1B3
8. MICHAEL BRYANT
2929 LAKESHORE BLVD W #2
TORONTO ONTARIO M8V 1J3
9. DELIA GOLEN
4388 SEDGEFIELD RD
MISSISSAUGA ONTARIO L5M 3B4
10. JHUN KALAW
440 RATHBURN RD #208
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12. DARCY MUNSHAW
16 AVON AVE
TORONTO ONTARIO M6N 4X8
13. VIDAK KOVACEVIC
78 IVEY LANE RR#1
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14. ROBERT GRACE
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TORONTO ONTARIO M6J 2C9
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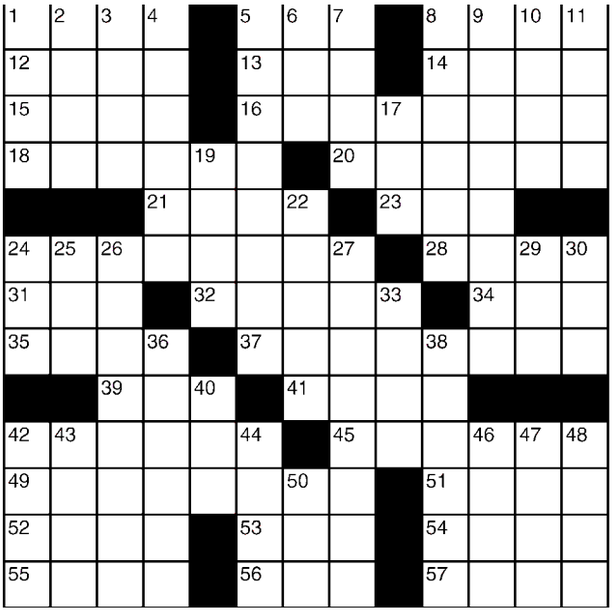


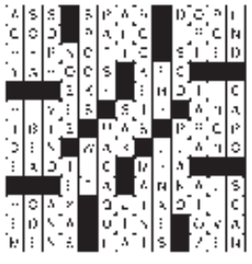
Across

1 Study hard
5 Unruly group
8 Oscar-winner Kedrova
12 Get up
13 Yoko of music
14 Soon, in verse
15 "Zounds!"
16 Obama, e.g.
18 Elk
20 Alternative to boxers
21 Sidewalk eatery
23 Wager
24 Turn to rubble
28 Discourteous
31 Anger
32 Admit
34 Capek play
35 Obi, for example
37 Outward behaviour
39 Work on the soundtrack
41 Roof overhang
42 Slowly, in music
45 Duration
49 Insanity
51 Continental coin
52 Pub orders
53 Wall-climbing plant
54 War god
55 Fine spray
56 Caribbean or Coral
57 Fat

Down

1 Ship's staff
2 Latvia's capital
3 Pronto, on a memo
4 Physician
5 Adapted
6 Individual
7 Flop on stage
8 More frilly
9 As part of an exchange
10 Bread unit
11 Picnic invaders
17 Sphere
19 Lofty
22 Cosmetician Lauder
24 Insult (Sl.)
25 Historic time
26 Partners of messieurs
27 Everest, e.g.
29 Twosome
30 Blunder
33 Actress Campbell
36 Least minuscule
38 Virgil hero
40 Crib
42 Leading man?
43 Sandwich shop
44 Elevator name
46 Mentor
47 Genealogy chart
48 Emcee
50 "— been had!"

▶ Friday's answer



Sudoku

		5				9		
	3		8		2		7	
9	7						1	4
		3	6		8	4		
6								1
		1	5		9	8		
5	1						8	2
	9		7		6		4	
		6				3		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

2	4	8	3	9	6	5	1	7
6	9	7	1	5	8	2	4	3
5	1	3	2	7	4	8	9	6
8	2	6	4	3	9	7	5	1
9	5	1	6	8	7	4	3	2
3	7	4	5	2	1	6	8	9
4	6	5	9	1	2	3	7	8
1	8	2	7	4	3	9	6	5
7	3	9	8	6	5	1	2	4

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you, Believe it! it's a rose you will get a sweetie not too long.
FROM ME

you, Well I really hope rose is who i'm hoping he is...then i'll be very happy. It couldn't hurt to be direct, not easy for me either believe it or not...
FROM ME

him, ;) wanna see u! wanna see me? ;) allz yah gotsa do is dial em digits... oh happy day! ;)
HER

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You won't hesitate to speak your mind today, but be careful what you say to loved ones.

♉ Taurus April 21-May 21 Don't focus on trivial issues when there are so many big things that need to be dealt with.

♊ Gemini May 22-June 21 A risk that pays off in the short-term could cause you serious financial problems in the long-term.

♋ Cancer June 22-July 22 Someone will let you down today and you won't be too happy about it. However, if you think about it rationally you will realize that it was your fault for trusting them in the first place.

♌ Leo July 23-Aug.23 Try not to let your imagination get the better of you over the next 24 hours.

♍ Virgo Aug. 24- Sept. 22 A positive outlook will most likely yield constructive results.

♎ Libra Sept. 23-Oct. 23 Today's full moon suggests there will be a clash of egos.

♏ Scorpio Oct. 24-Nov. 22 You will lock horns (or trade stings) with someone whose views are the opposite of your own today.

♐ Sagittarius Nov. 23-Dec. 21 You will find yourself up against an opponent who is every bit as determined as you are today.

♑ Capricorn Dec. 22-Jan. 20 Be careful what you say today because the full moon in your opposite sign could so easily encourage you to say too much.

♒ Aquarius Jan. 21-Feb. 18 Friends and colleagues will tell you what you want to hear today rather than what you need to hear. But you don't need anyone to tell you that you are doing too much.

♓ Pisces Feb. 19-March 20. You may believe that if you hesitate you will miss out on a golden opportunity, and you may be right. But it's just as likely that you will act too soon and make a serious mistake. **SALLY BROMPTON**

Caption contest

ERIC ENGMAN/FAIRBANKS DAILY NEWS MINER/AP

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